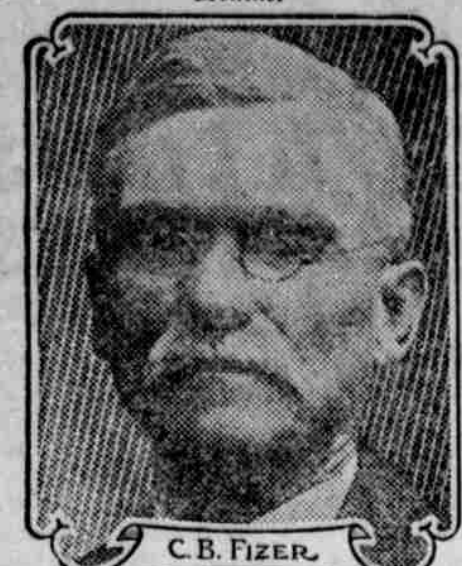


## KIDNEY TROUBLE

Suffered Two Years—Relieved In Three Months.



MR. C. B. FIZER, Mt. Sterling, Ky., writes:

"I have suffered with kidney and other trouble for ten years past."

"Last March I commenced using Peruna and continued for three months. I have not used it since, nor have I felt a pain."

"I believe that I am well and I therefore give my highest commendation to the curative qualities of Peruna."

Peruna For Kidney Trouble.

Mrs. Geo. H. Simser, Grant, Ontario, Can., writes:

"I had not been well for about four years. I had kidney trouble, and, in fact, felt badly nearly all the time."

"This summer I got so very bad I thought I would try Peruna, so I wrote to you and began at once to take Peruna and Manalin."

"I took only two bottles of Peruna and one of Manalin, and now I feel better than I have for some time."

"I feel that Peruna and Manalin cured me and made a different woman of me altogether. I bless the day I picked up the little book and read of your Peruna."

It is the business of the kidneys to remove from the blood all poisonous materials. They must be active all the time, else the system suffers. They are times when they need a little assistance.

Peruna is exactly the sort of a remedy. It has saved many people from disaster by rendering the kidneys service at a time when they were not able to bear their own burdens.

Origin of Scotland's Motto.

It was thought by the Danes to be cowardly to attack an enemy after nightfall, but on one occasion when they were waging war in Scotland, they deviated from their usual rule. On they crept, noiselessly and unobserved, in their bare feet, upon the unsuspecting Scotchman. When near the camp one of the Danes trod upon a thistle and in his pain cried out. This aroused the sleeping Scotchmen, and they gave the alarm. The Danes were defeated with terrible loss of life, and ever since that time the thistle has been the insignia of Scotland, with the motto: "Nemo me impune lacessit." "No one provokes me with impunity."

New and Liberal Homestead Regulations in

WESTERN CANADA

New Districts Now Opened for Settlement

SOME of the choicest lands in the grain-growing belt of Saskatchewan and Alberta have recently been opened for settlement under the Revised Homestead Regulations of Canada. The thousands of homesteads of 160 acres each are now available. The new regulations make it possible for entry to be made by proxy, the opportunity that many in the United States have been waiting for. Any member of a family may make entry for any other member of the family, who may be entitled to make entry for himself or herself. Entry may now be made before the Agent or Sub-Agent of the District by proxy, (on certain conditions) by the father, mother, son, daughter, brother or sister of intending homesteader.

"Any even numbered section of Dominion Lands in Manitoba or the North-West Provinces, excepting 1 and 36, not reserved, may be homesteaded by any person the sole head of a family, or male over 18 years of age, to the extent of one-quarter section, of 160 acres, more or less."

The fee in each case will be \$10.00. Churches, schools and markets convenient. Healthy climate, splendid crops and good laws. Grain-growing and cattle-raising principal industries.

For further particulars as to rates, routes, best time to go and where to locate, apply to

J. S. CRAWFORD,

No. 125 W. Ninth Street, Kansas City, Missouri.

SICK HEADACHE

Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Headaches, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

CARTER'S LITTLE LIVER PILLS.

Small Pill. Small Dose. Small Price.

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## FOR WINTER TABLE

JELLY AND MARMALADE FROM THE PEACH.

Dainties That Will Be Much Appreciated When the Snow Flies—Almonds Add to Flavor of Marmalade.

Peach Jelly.—Take fine, juicy free-stone peaches; pare and quarter them; scald in a little water, drain and mash them and squeeze through a jelly bag. To every pint of juice allow one pound of sugar and a few of the peach kernels.

Having broken up the kernels and boiled them by themselves for a quarter of an hour in just sufficient water to cover them, strain off the kernel water and add it to the juice; mix the juice with the sugar; when it is melted boil them together 15 minutes until a thick jelly forms. Skim while it boils.

Try the jelly by taking a little in a spoon and holding it in the air to see if it congeals; if after boiling it still continues to thin, it will congeal by stirring an ounce or more of isinglass, dissolved and strained. When the jelly is done put it into tumblers and make airtight.

Peach Marmalade.—Take ripe yellow free-stone peaches; pare, stone and quarter them; to each pound of fruit allow three-quarters of a pound of sugar and half an ounce of bitter almonds or peach kernels blanched in scalding water and pounded smooth in a mortar.

Scald the peaches in a little water, mash them to a pulp; mix them with the sugar and pounded almonds and put the whole in a preserving kettle; let it boil to a thick jam; skim and stir well, keeping the pan covered as much as possible.

Fifteen minutes will generally be sufficient time for boiling it. When cold put in jars and keep in a cool, dry place.

A Tomato Sauce.

Pare six medium sized ripe tomatoes, chop very fine, add one level teaspoon of salt, one-fourth teaspoon of pepper, one tablespoon of butter melted after measuring. Now add enough flour to make a thin griddlecake batter; then beat three eggs until foamy and add. Sift half a teaspoon of soda in a little flour before adding. Have the waffle iron very hot, grease both upper and under lids, place a cooking spoonful of the batter into each section, close lid upon it and bake at least one minute on each side; when serving cut the sections apart and arrange on a napkin. Serve as an entree.

Virginia Potato Bisque.

Peel one pound of choice sweet potatoes, cover with boiling water, boil five minutes, drain and throw water away. Then cover with a pint of boiling water, adding a sliced onion, green pepper, a bay leaf and a pinch of thyme. Cover and cook until the potatoes are soft, then press through a colander. Add a quart, half milk and cream, with a tablespoonful of butter and a wine glass of sherry. Strain through a fine sieve and serve with squares of toast.

Lady Baltimore Cake.

Rub a cupful of butter to a cream with two cups of powdered sugar; add a cupful of milk; when well mixed stir in juice of a lemon and whip very light; then stir in alternately the stiffened whites of six eggs and four even cupfuls of flour sifted twice with a rounded teaspoonful of baking powder. Bake in jelly cake tins. When cold put together with this filling and frost the top.

Filling.

Boil three cups of granulated sugar with a gill of water until a drop hanging from the tip of a spoon threads in the air. Pour while hot over the whites of three eggs whipped to a standing froth. Whip until you have a thick cream and stir in gradually a cupful each of seeded minced raisins and chopped pecans, with five figs that have been soaked soft in lukewarm water, then wiped dry and minced.

Favorite Pea Soup.

Get two pounds of fresh spare ribs and one small veal bone. Put in a cheese cloth so as to prevent from straining. Pour just enough water to cover meat, add one quart of fresh peas and one small carrot, cut in dice. Boil slowly. As it boils down, take meat out. Add one quart of fresh milk. Let it come to a boil. Garnish with chopped parsley and serve.

Mocha Tart.

Mix together five eggs, one cup of sugar, one teaspoonful of baking powder, one cup of flour sifted five times and two tablespoonfuls of Mocha extract. Split the cake and put the following filling between and on top: One pint of whipped cream, two tablespoonfuls of Mocha extract and sugar to taste.

German Coffee Whip.

Place two tablespoonfuls of unground coffee in a pan and brown it. If already roasted, heat until hot, stirring all the time. Turn at once into one pint of rich, cold cream with two tablespoonfuls of fine sugar, and stir a minute. Let it become cold; remove the coffee, and whip to a stiff froth.

Paste Makes Jars Airtight.

If your rubbers are old or the tin rings or covers are bent a little, you still may make them airtight by covering them with flour paste.

For Juicy Pie.

Instead of cutting off crust all around, pinch both crusts together and roll over on the edge.

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

For the Greatest Success.

Life is greater than any series of surroundings that may affect it, and the greater success in life consists in following the possibilities of our highest selves—Ridley.

Plague of Frogs Annoy.

The Rye and an adjoining spur of the Chiltern hills, near High Wycombe, Eng., are nightly overrun with a countless host of frogs. Local residents have had to seek fresh promenades, and a crusade against the frogs is being planned.

Important to Mothers.

Examine carefully every bottle of CASWELL'S, a safe and sure remedy for infants and children, and see that it

Bears the Signature of

Is Use For Over 30 Years.

The Kind You Have Always Bought.

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## TUMORS CONQUERED

Overwhelming Proof that Lydia E. Pinkham's Vegetable Compound Succeeds.

One of the greatest triumphs of Lydia E. Pinkham's Vegetable Compound is the conquering of woman's dread enemy Tumor.

The growth of a tumor is so insidious that frequently its presence is wholly unsuspected until it is well advanced.

So called "wandering pains" may come from its early stages or the presence of danger may be made manifest by excessive monthly periods accompanied by unusual pain, from the abdomen through the groin and thigh.

If you have mysterious pains, if there are indications of inflammation or displacements, secure a bottle of Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, right away and begin its use.

The following letters should convince every suffering woman of its virtue, and that it actually does conquer tumors.

Mrs. May Fry, of 836 W. Colfax Ave., South Bend, Ind., writes:

Dear Mrs. Pinkham:—

"I take great pleasure in writing to thank you for what Lydia E. Pinkham's Vegetable Compound has done for me. I also took the Blood Purifier in alternate doses with the Compound. Your medicine removed a cyst tumor of four years' growth, which three of the best physicians declared I had. They had said that only an operation could help me. I am very thankful that I followed a friend's advice and took your medicine. It has made me a strong and well woman and I shall recommend it as long as I live."

Mrs. E. F. Hayes, of 26 Ruggles St., Boston, Mass., writes:

Dear Mrs. Pinkham:—

"I have been under different doctors' treatment for a long time without relief. They told me I had a fibroid tumor, my abdomen was swollen and I suffered with great pain. I wrote to you for advice, you replied and I followed your directions carefully and today I am a well woman. Lydia E. Pinkham's Vegetable Compound expelled the tumor and strengthened my whole system."

Mrs. Perry Byers, of Mt. Pleasant, Iowa, writes:

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